

# How to Hold the Tenor Banjo and Pick

Take a sitting position, cross the right knee over the left knee and rest the rim of the banjo on the right thigh.

Hold the neck (fingerboard) between the thumb and forefinger of the left hand, keeping it slightly higher than the body of the instrument. The fingers should be on or above the fingerboard, in position to stop the frets.

Do not permit the neck to rest in the "V" or web of the left hand nor allow the palm of the hand to touch the neck.

Keep the banjo in place by resting the right forearm on the edge of the rim a few inches above the tailpiece. Hold the pick loosely between the ends of the first finger and thumb of the right hand. Keep the thumb straight-extended. Strike down on the strings about two inches above the bridge with the flat side of the pick, the point being slanted toward the left.

The up stroke is made at the same angle, usually sounding but one string.

The down and up movement of the pick should be entirely from the wrist, which should be held high and kept very flexible, without any part of the hand resting on the face of the instrument.